



Respite Program Information For Carers

MND Victoria would like to support Carers to look after themselves, take a break and pursue wellbeing activities while they care for a family member or friend living with motor neurone disease.

The State Government and MND Victoria acknowledge that unpaid carers make a vital social and economic contribution to society that needs to be recognised, supported, valued, and promoted. MND Victoria have been successful in receiving grant funding to support selected respite activities for carers until 30 June 2025. It is unlikely that this grant will be available in subsequent years.

Please note that there is no guarantee of a request being approved and it is dependent on grant funds remaining available.

Eligibility Criteria:

1. You must be an unpaid carer. An unpaid carer is a person providing care to another person outside of what would be expected in that relationship under usual circumstances - you can be working in paid employment, but not be paid for providing care. The carer may be receiving a carer allowance or payment from Services Australia.
2. You must be providing care which includes things such as assistance and support with activities of daily living or personal care, emotional support, encouragement, advocacy, motivation, service system navigation, collaboration with health professionals and assistance taking medicines.
3. The person you care for must be registered with MND Victoria.

Note – funding cannot be paid in arrears and reimbursements to carers will not be paid.

The funding can be used flexibly for things such as:

1. Time off from your caring role, this is sometimes known as Respite, and includes:
 - Support with the garden so you don't have to spend time doing the gardening
 - Support with the housework
 - a worker caring for the person with MND in a person's home for a few hours (or even overnight) or taking them out into the community, so you can have a break
 - contribution towards cost of meal preparation and delivery
2. Carer Support, for example:
 - accessing emotional support through counselling.
3. Carer Wellness Activities, for example:
 - massage to promote self-care and positive wellbeing (Maximum \$600 per 6-month period)
 - trying something new such as an exercise program or community activity.

As there are a number of different avenues where support or funding can be arranged, if you have a need, a gap in services or are generally interested in getting more support, please contact your MND Advisor or email

carer.respite@mnd.org.au

Read more information about the VIC Government's Support for Carers Program here:

<https://www.health.vic.gov.au/supporting-independent-living/supporting-people-in-care-relationships>